



# What is PATH?

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- PATH stands for Philbrook Adult Transitional Housing
- PATH is a 16 bed voluntary housing unit providing services to individuals who are psychiatrically stable and appropriate for independent living but homeless.
  - PATH accepts referrals from New Hampshire Hospital and other referral sources upon consultation.
  - Clients should be referred to the agency's housing specialist, as applicable, prior to being referred to PATH.
  - **Clients must be able and ready to live independently before being referred to PATH.**
  - Clients must be willing to accept any reasonable, safe housing which is secured for them within their desired catchment area.
- Clients must be able to manage all aspects of their self care independently.



# What can I do at PATH?

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- PATH mimics living independently in an apartment. Clients are encouraged to manage their time including making appointments, looking for housing and arranging transportation.
- Clients may be outside of the building between 7 AM and 9:30 PM
  - Clients have access to the community during the day for doctors appointments, independent access to stores using public transportation, and visits with families and friends off campus.\*\*
  - Curfew is 9:30 PM and all clients must be inside the building at this time.

(\*\*Subject to change based on changing COVID protocols)

# Groups

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- PATH offers groups daily.
- PATH offers a Wellness Recovery Action Plan (WRAP) group.
- Group attendance is highly encouraged!
- PATH has computers clients can use to access online (Zoom) appointments, including court and medical appointments, AA meetings, and peer support meetings.









# Bedrooms and bathrooms

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- Each client has their own bedroom and is responsible for their door key and valuables. Clients are responsible for cleaning their rooms.
- PATH provides linens. Clients may not bring in their own bedding items.
- No decorations can be hung on walls, ceilings, doors, windows, shades, curtains or furniture.
- Clients have shared bathrooms and common areas.





# What do PATH clients do in their free time?

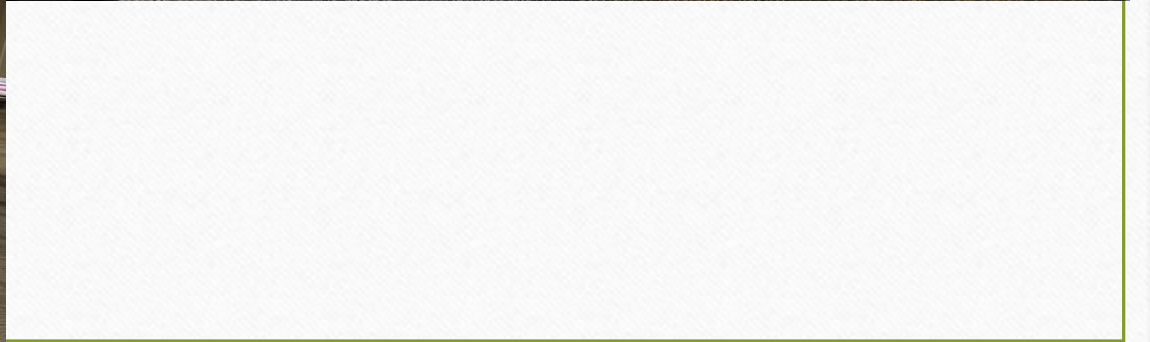
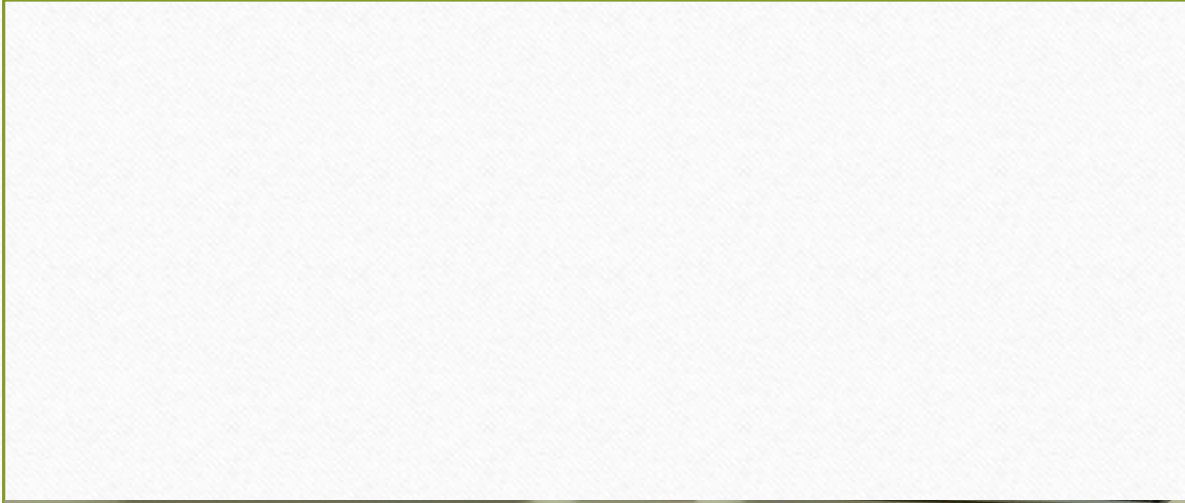
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- Clients have two common television areas with cable TV, videogames, and movies.
- Three computers are available for client use for multiple purposes, including:
  - Participation in independent housing search
  - Ordering necessities for delivery
- There are also games, books, craft items, musical instruments, a foosball table, and sports equipment for client use.
- PATH has access to the Howard Recreation Center two days per week at designated times.
- There are picnic tables outside PATH as well as lawn chairs and games available for outdoor use to allow clients to enjoy the weather, socialize, etc.











# Meals

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- PATH provides three meals per day.
  - Breakfast: 7:30-8:30 AM
  - Hot lunch: 11:30 AM -12:30 PM
  - Dinner: 4:30-5:30 PM
  - Snacks are available in the community kitchen area
- A fridge, sink, dishwasher, microwave, and coffee maker are available for common use.
  - Clients are able to store a small amount of personal food.
  - Food may not be kept in client rooms.
  - Clients do not have access to a stove.





# Laundry

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- Clients are responsible for doing their own laundry; detergent is provided by PATH.
- Linens are provided and cleaned by PATH.
- One washer and one dryer are available for client use.

# What do clients pay for while at PATH?

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- Copay(s)
  - The community pharmacy will be provided with the client's individual information (including insurance information) and clients will be responsible for their copay(s).
  - PATH Psychiatrist prescribes psychiatric medications to clients with the exception of Medication Assisted Therapies (MAT). Clients will work with community prescribers if MAT is needed.
  - PATH clients who require medical treatment will be connected with a PCP in the community.
- Rent
  - PATH charges monthly rent on a sliding scale. Each client will meet with financial services prior to admission to PATH to determine the amount of their rent based on their ability to pay.



# Who are the staff at PATH?

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- Mental Health Workers are on the unit 24 hours a day to interact with clients and provide some transportation for local community trips.
- Nurses are available on the unit for two shifts daily and provide education to clients regarding medications, diagnoses, and treatment.
- A Peer Support Specialist is available to connect with clients and provide individual support, facilitate groups during the week, and connect clients to their local peer support agencies. The Peer Support Specialist is available Monday through Friday.
- A Clinical Case Manager is assigned to each client. Case managers assist in the client's housing search and ensure that the client has applied for benefits for which they are eligible. Clinical Case Managers are available Monday through Friday.
- A Clinical Mental Health Counselor is also assigned to each client. Counselors are available Monday through Friday to provide counseling services and connect clients with resources in their community. Counselors also facilitate daily groups.

# More staff at PATH...

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- PATH's Psychiatrist is available on a part time basis to prescribe psychiatric medications PATH clients.
- Food Services staff ensure that clients have nutritious meals to eat, and can accommodate dietary restrictions.
- Environmental Services staff ensure that the communal areas of PATH are clean.
- The Administrative Assistant handles daily operations of the program, including distributing mail, ordering supplies and maintaining program records.
- PATH's Director manages the program and staff and interacts with community stakeholders.



# COVID Protocols

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- PATH is continuously monitoring the levels of COVID in the community and determining what, if any, changes need to be made to PATH's procedures and rules.
- For the most up to date protocols, please contact us.

# Contact Us

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- [PATH@dhhs.nh.gov](mailto:PATH@dhhs.nh.gov)
- (603)271-7880 – PATH's Main Line (Staffed Monday through Friday 8 AM - 4 PM; voicemail available)